

**Library of Congress
Health Services Division
Telework Health Tips for Library Staff**

It has been well documented that prolonged sitting is detrimental to our cardiovascular health. Besides maintaining good ergonomic posture while working, it is essential that you start the day right and keep moving intermittently throughout the day to promote proper blood flow and reduce your risk.

- Be sure to consult with your physician regarding any restrictions on exercising before trying any new routines.
- Start your day with a minute or two of deep breathing (in through your nostrils for a count of 10 then out through pursed lips for another count of 10)
- 10 minutes of yoga, TaiChi, or stretching routine can get you in the right frame of mind. Youtube is an excellent resource.
- Taking breaks of short walks around the house is good for a change of scenery and position. After doing some shoulder and neck rolls to relax tense shoulders, neck and upper back. Try marching in place for up to 5 reps of 2 minutes each or within your limits go up and down the stairs or maybe a quick dance routine.
- If you experience discomfort in your upper back and neck area while working at your keyboard it's most likely caused by poor posture. There are stretches designed to help release tight muscles, lessen back pain and increase your mobility. Remembering the rhyme about what's connected to what you will find that good posture and stretching certain key areas can relieve even the most stubborn and chronic of pains.
- Remember, the adage "No pain, No gain" DOES NOT APPLY! If it hurts when you try the exercise and stretches, STOP! Go back to the first recommendation, and consult with your physician before moving forward.

Resources: <https://backintelligence.com>